



IMPROVING PHYSICAL FITNESS AND NUTRITION PUBLIC HEALTH PROGRAMS MAKE A LASTING DIFFERENCE

In 2010, Bloomington Public Improvement Plan (SHIP) created a vision for a healthier Bloomington. The aim was to engage the community in making lasting changes to support healthy lifestyles. Since then, many groups have worked together to make this vision a reality. Bloomington has already begun to make positive changes through the program, including:

- Improving 86th Street, making it safer and more bike and pedestrian friendly.
- Adding 19 bike rack sets in locations around the city to accommodate 100 more bicycles.
- Implementing active recess and after-school programs at Oak Grove, Westwood, Indian Mounds and Ridgeview elementary schools.
- Adding gardens to the landscape at Poplar Bridge elementary and Oak Grove middle schools.
- Improving physical activity and nutrition programs at 22 child care centers and preschools.

For more information about SHIP, visit the City’s website and subscribe to the SHIP newsletter.

WEBSITE KEYWORD: SHIP.

PLAY EVERY DAY PROMOTING HEALTHY LIFESTYLES



Getting enough exercise is just as important for young children as it is for adults. Early and regular physical activity establishes a pattern for lifelong health and promotes brain development and school readiness. For children who spend much of their time in child care centers or preschools, getting enough exercise may depend on child care center or preschool staff. Bloomington Public Health, through the SHIP program, can help child care professionals add physical activity to their everyday curriculum through the *I Am Moving, I Am Learning* workshop. The program has helped countless child care centers and preschools add more physical activity to their daily routines.

Parents also play a role in keeping kids active. For ideas and workbooks to help keep your kids get their daily dose of exercise, visit the City’s website.

WEBSITE KEYWORDS: HELP PROGRAM.

MEET A VOLUNTEER FIREFIGHTER GETTING TO KNOW TODD ANGUS

City of Bloomington employee and volunteer firefighter, Todd Angus, shares what it’s like to balance work, family and firefighting.

How long have you been active in the Bloomington Fire Department (BFD)?

I’ve been a volunteer firefighter for almost 15 years.

How many hours a week are you “on call”?

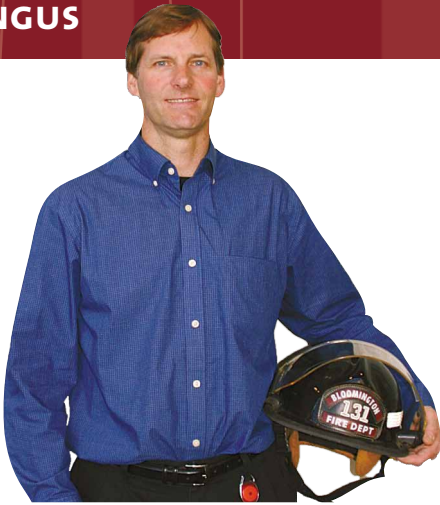
While I’m in Bloomington, I always carry my pager. I’m always on call except when I’m working or out of town. Needless to say, it’s an unpredictable schedule.

Is anyone else in your family a firefighter?

Years ago, my father-in-law was a volunteer firefighter in Green Isle, Minnesota. They called themselves the “Fighting Irish.”

What is the biggest challenge you’ve faced?

The biggest challenge for me is balancing my time. Especially when my kids were little, it was hard to work full time and always be on call. Not to mention, I was trying to be a good husband, too!



Do you have a “scariest moment” you can share with us?

I have been in my share of fires, but I’ve never felt scared. I attribute this to good equipment, good training and good leadership. I’m also lucky that no major structure, like a high rise office tower, has gone up in flame. Fighting a fire like that may raise the hair on my neck.

Any interesting tidbits you could offer that people may not know about you?

I grew up in Fergus Falls, Minnesota, and lived for a time in Omaha, Nevada, and Colorado Springs, Colorado. I never thought I would live in the “big city” and now I can’t imagine living anywhere else!



BECOME A VOLUNTEER FIREFIGHTER

Bloomington’s volunteer firefighters include accountants, insurance sales people, computer technicians, mechanics, stay-at-home parents and the self-employed.

Visit our website for more information on making a difference by becoming a volunteer firefighter.

WEBSITE KEYWORDS: FIRE VOLUNTEERS.

SMOKERS FIRE SAFETY 101

SMOKING IS THE LEADING CAUSE OF HOME FIRE DEATHS



Each year the Bloomington Fire Department is called to fires caused by careless smoking. Fires caused by cigarettes and other smoking materials can be prevented by following seven action steps:

- Smoke outside. Most home fires caused by smoking start inside the home.
- Use deep ashtrays with wide, stable bases that are harder to tip over.
- Make sure cigarettes and ashes are completely stubbed out in an ashtray. Soak cigarette butts and ashes in water before throwing them away.
- Don’t put ashtrays on chairs because they can quickly catch fire.
- Never smoke in a home where oxygen is used. Oxygen can be explosive and makes fires burn hotter and faster.
- Use fire-safe cigarettes. They are less likely to cause fires because they have a reduced propensity to burn when left unattended.
- Be alert. If you are sleepy, have been drinking alcohol or have taken medicine that makes you drowsy, don’t smoke. Never smoke in bed.

Lastly, whether you smoke in your home or not, having properly maintained smoke alarms on every level of your home is critical. Test alarms frequently and change batteries at least once every year.

For more information, contact Bloomington Fire Prevention at 952-563-8933 or Fire Marshal Gene Dugal at 952-563-8967.

TIME TO PLANT SOME TREES ANNUAL TREE SALE ADDS HUNDREDS OF TREES TO LANDSCAPE

Each year, the City plants trees in parks and other public areas to ensure that Bloomington’s urban forest continues to be one of the community’s treasures. In fact, the City has planted more than 1,000 trees over the last few years. To increase the number of trees on private properties, Park Maintenance holds a public tree sale. Based on last year’s sales, 280 trees will be available for purchase this spring.

TREE ORDER FORM

Bloomington residents only. All trees are bare root, one-and-a-quarter to one-and-a-half inches in diameter and cost \$50 each. *Trees are not guaranteed.*

Name _____

Phone _____

Address _____

Fill in number of each tree type desired. Maximum 5 trees total per household, \$50 each. Check must accompany order.

_____ Autumn Blaze red maple

_____ Hackberry

_____ Northwood red maple

_____ River birch

_____ Green Mountain sugar maple

_____ Imperial honeylocust

_____ Prairie Fire crab apple

_____ Snowdrift crab apple

Total trees _____ X \$50 ea. = \$ _____ Total cost

Pick up trees at 1800 West Old Shakopee Road on **Saturday, May 7, 9 - 11 a.m.**

Send check and form to City of Bloomington, Park Maintenance, 1800 West Old Shakopee Road, Bloomington MN 55431-3027.



The City’s annual tree sale will provide a variety of tree species again this year, including: Autumn Blaze red maple, Green Mountain sugar maple, Hackberry, Imperial honeylocust, Northwood red maple, Prairie Fire crab apple, River birch, and Snowdrift crab apple.

Orders will be filled on a first-come, first-served basis. Trees are not guaranteed. Visit our website for more information and a printable order form.

WEBSITE KEYWORDS: TREE SALE.